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- Average wage for an optician is \$21+/hour with the potential to earn more than \$85,000/year.
- 55 week program includes practicum



Tonight in VANCOUVER

**Tuesday July 21st
7:00 pm – 9:00 pm**

Vancouver Public Library
Alice MacKay Room
350 West Georgia Street

SURREY

**Tuesday July 28th
7:00 pm – 9:00 pm**

Stenberg College
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– Margo Desmarais, PBA, Finance Team Lead, University of Alberta



Tomorrow in VANCOUVER

**Wednesday July 22nd
7:00 pm – 9:00 pm**

Vancouver Public Library
Alice MacKay Room
350 West Georgia Street

SURREY

**Wednesday July 29th
7:00 pm – 9:00 pm**

Stenberg College
Suite 750-13450 102nd Ave, Surrey
(Central City Tower)

All attendees will receive \$250 bursary

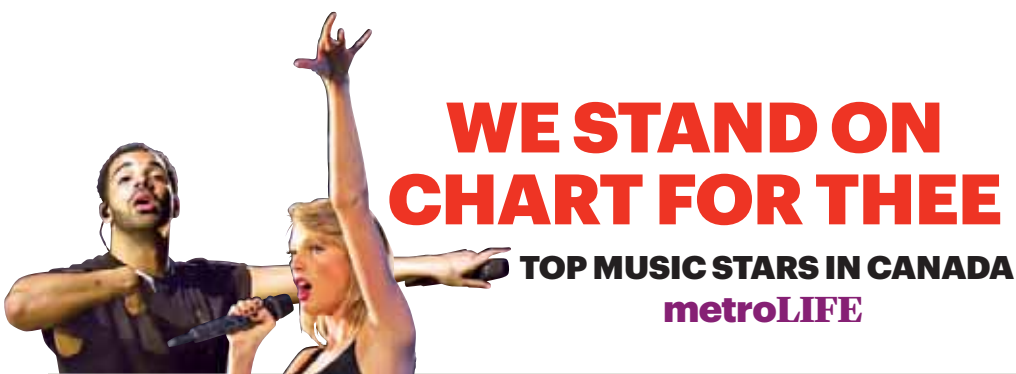
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Your essential daily news | TUESDAY, JULY 21, 2015

High 22°C/Low 15°C Cloudy



BANNED

Metro Vancouver has raised water restrictions
to Stage 3, which means no sprinkling your lawn.

metroNEWS

COLOURBOX.COM

Teen HIV-free for 12 years

HEALTH

Girl 'doing perfectly well off treatment,' doctors say

An 18-year-old French girl exposed at birth to HIV has been in remission for 12 years with no detectable virus in her blood — despite stopping drug treatment at the age of five, an inter-

national HIV-AIDS conference in Vancouver has been told.

The teen is among a very small number of HIV-infected people in the world who have remained free of active infection for a number of years without continuous treatment with antiretroviral drugs.

The unidentified girl was infected at the time of her birth in 1996 because of transmission from her mother, whose HIV was poorly controlled, said Dr. Asier Saez-Cirion of the Pasteur

Institute in Paris.

"So the girl received a prophylactic treatment from the day she was born," Saez-Cirion said in an interview from Vancouver, where he is attending the 8th International AIDS Society Conference on HIV Pathogenesis, Treatment and Prevention.

The infant was kept on that drug regimen — standard therapy for children at risk of being infected — for six weeks, after which "her viral load went up

to very high levels," he said.

At three months of age, doctors put the girl on antiretroviral drugs, which stop HIV from replicating in the cells and eventually destroying the immune system and progressing to AIDS.

She remained on those medications until about age 5-1/2, when her family stopped bringing her to the clinic where she was being treated.

Saez-Cirion said it's not known why the family halted

the girl's treatment.

The child returned to the clinic after being off antiretrovirals for a full year and doctors were surprised to find there were no signs of HIV in her blood.

"The viral load, despite no treatment given, remained undetectable at the time," he said.

"So it was decided that no treatment was going to be (given), but the girl was going to be closely monitored.

"This girl has been able to maintain virus control for 12

years now. So for 12 years, she has been in remission from infection."

Commenting on the case, Francoise Barre-Sinoussi, the Nobel Prize-winning co-discoverer of the human immunodeficiency virus, said the teenager is "doing perfectly well off treatment."

"This case is clearly additional evidence of the powerful benefit of starting treatment as soon as possible, very early on."

THE CANADIAN PRESS



Pemberton Music Festival volunteer Wala Chebbi, from France, works to pick up thousands of discarded water bottles littered all over the festival grounds at the base of Mt. Currie late Sunday night.

ALL PHOTOS BY JENNIFER GAUTHIER/FOR METRO

Bottle shock at music festival

PEMBERTON

Clean-up process expected to take four days



Thandi Fletcher
Metro | Vancouver

The Pemberton Music Festival might be over but massive clean-up efforts have only just started for the event's organizers.

Before headliner Kendrick Lamar had even finished his late-night set Sunday, an estimated 200 volunteers and

50 sanitation workers already started the four-day process of picking up the tens of thousands of plastic bottles, discarded food wrappers, lost shoes, abandoned tents — even an inflatable raft — that more than 115,000 festivalgoers left in their wake during the weekend music event.

The goal? To leave the pastoral farmlands of the Pemberton Valley so pristine it appeared as if the music event had never happened.

Volunteer Wala Chebbi, from France, who was among the volunteers picking up litter around midnight on Sunday, said the sheer amount of garbage scattered across the festival site was overwhelming.

"Honestly, this has been the third day for me and every day I'm just so shocked that people throw things away like this," she told Metro. "It's like, people pay to come to festivals and they don't care about what happens after."

In exchange for volunteering, Chebbi received a free ticket to the music festival. She said she worked daily four-hour shifts cleaning up litter.

Part of her volunteer role included educating festivalgoers on how to dispose of garbage, compost and recycling. Still, Chebbi said she witnessed many festivalgoers leave bottles and food wrappers on the grass.

"I'm kind of shocked. Me, if I go to a festival, I have one bottle and I keep it with me," she said. "I just think it's important to clean up after. It needs to be done."

Fergal Barrett and Daragh Herron from Ireland were among a group of about 50

sanitation workers, dubbed the "Clean Vibes" team, hired by festival organizers to handle garbage and recycling throughout the festival.

The pair said they began their 10-day stint last Tuesday before the festival. Working 10-hour shifts every day, they expect to be finished with the clean up by Thursday.

"It is insane, absolutely insane. The bags are overflowing every night. It's kind of hard to keep on top of things," said Herron, adding with a smile: "But you know, we're the dream team. Clean vibes, hey?"

Barrett added that he had worked from 5:30 p.m. Saturday until 7:30 a.m. Sunday trying to tackle the massive amount of garbage.

"Just rubbish everywhere," he said. "But someone's got to do it."

Festival organizer A.J. Niland of HUKA Entertainment was unavailable for an interview Monday.



Crews clean up the site in front of the stage.



Daragh Herron, of Ireland, cleans up garbage at the Pemberton Music Festival on Sunday night.



It is insane, absolutely insane. The bags are overflowing every night. It's kind of hard to keep on top of things.

Daragh Herron, sanitation worker

Wanted: New Vancouver bike-share supplier

URBAN ISSUES

City wants system to include helmet dispensers



Emily Jackson
Metro | Vancouver

Vancouver is officially seeking a new supplier for a public bike-share system after years of spinning its wheels and getting nowhere with the operator it originally selected in 2012.

The city, which announced its break-up with Motivate (formerly Alta) in June, issued a new request for proposals on Friday.

Call it optimistic, but it believes a new suitor will be able to get this new 24-hours-a-day, 365-days-a-year system up and running by June 2016.

It's still looking for a helmet-law-abiding bidder who will provide some sort of helmet dispenser alongside its rental bike stations.

But aside from that and a few other strict requirements, including distance from bike rental shops and area of operation (north of 16th, west of Arbutus and East of Main),



Bixi bike racks in Toronto in November of 2013. New Vancouver is looking for a new bike-share system that will include helmet dispensers alongside bike stations. STEVE RUSSELL/TORSTAR NEWS SERVICE FILE

the city is leaving it up to potential suppliers to come up with a detailed plan of action.

The city does not specify how many bikes it wants, although it suggests somewhere between 1,000 and 3,800 could work.

It will favour proponents

who suggest stations near libraries, community centres, major event venues, educational institutions, busy bus routes including the 99 B-Line, and tourism destinations such as Stanley Park and Granville Island.

Nor does the city mention how much it's willing to pay

for a bike-share system, despite earmarking \$6 million for the project in 2012.

Instead, the request for proposals said the city will give preference to suppliers who can figure out how the city can earn cash from the scheme, be it from helmet or bike rental revenue.

1,000

The city has suggested that between 1,000 and 3,800 bikes could work for the new bike-share system.

INFRASTRUCTURE 10th Ave. to get better for cyclists

One of Vancouver's most popular east-west cycling routes is about to get a little TLC.

The city is rolling out ideas to improve the 10th Avenue corridor, a neighbourhood cycling path from Victoria Drive to Trafalgar Street that is used by 500,000 cyclists annually.

City staff will set up booths on the bike route in the coming week to start collecting feedback from road users before hammering out a final recommendation for the route.

It especially wants to improve safety at the busiest sections around the Vancouver General Hospital, where a variety of crosswalks and stop signs can make it a challenge for cars, bikes and pedestrians to navigate through traffic.

Work on the road will be done by 2017 as part of the Transportation 2040 plan. While the plan doesn't specifically mention 10th Avenue, it aims to upgrade all bike-ways to AAA — all-ages-and-abilities — infrastructure in order to get more people out of cars and onto sidewalks and bicycles.

About 82,000 cyclists were counted at the intersection of 10th Avenue and Clark in June 2015, according to the city. That volume makes the route more popular than the separated Hornby and Dunsmuir bike lanes (73,000 and 67,000 trips respectively), but not quite as busy as the Burrard Bridge or the seawall by Science World (190,000 and 191,000 trips respectively). EMILY JACKSON/METRO

+ DEADLINE

Proponents have until Aug. 31 to place their bids.

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POLICE**Man killed by RCMP identified as Surrey resident**

A man shot and killed by Mounties outside the RCMP headquarters in Surrey, B.C., has been identified.

The BC Coroners Service has issued a news release saying 20-year-old Hudson Brooks of Surrey died after being shot by police at around 2:20 a.m. Saturday.

Investigators from the province's Independent Investigations Office have said police responded to reports of a suicidal male screaming outside the station.

RCMP say police rushed outside and spotted the man, a struggle ensued and he was shot by an officer.

The B.C. Coroner's Service and the Independent Investigations Office are investigating Brooks' death.

He was the second person fatally shot by B.C. police last week, after another man was shot and killed by RCMP in Dawson Creek on Thursday.

THE CANADIAN PRESS

Shut off the sprinklers

WATER

Metro Vancouver enacts Stage 3 restrictions



Emily Jackson
Metro | Vancouver

Stop watering your lawns, Metro Vancouverites.

Stage 3 water restrictions are in effect across all 21 Metro Vancouver municipalities, the regional authority announced Monday. It's the next step to preserve depleting reservoir levels after a record breaking hot and dry spring.

That means zero sprinkling of lawns for residential and non-residential properties, including municipal parks and golf course fairways. Exemptions for new lawns or nematode applications are also prohibited. (Nematodes kill European chafer beetles.)

Washing cars and boats outside is prohibited (commercial



People lounge on the grass at Kits Beach earlier this summer. EMILY JACKSON/METRO FILE

car washes may still operate) and pools can no longer be refilled. Private pressure washing is also not allowed. There's a \$250 fine for those who ignore the restrictions.

The Vancouver police department will do their part and stop washing their fleet. "Dirty cars

still catch crooks," spokesman Sgt. Randy Fincham said in a statement.

Flowers, vegetable gardens, decorative planters, shrubs and trees can only be watered by hand using a spring-loaded shut off nozzle or containers.

Demand for water has

dropped slightly during the drought-like conditions, but it is still fairly high at 1.4 billion litres per day, according to Metro Vancouver.

"We are appealing to all residents and businesses in Metro Vancouver to conserve this resource or risk municipal fines,"

Metro Vancouver Chair Greg Moore said in a statement.

"Collectively, we need to reduce consumption below 1.2 billion litres per day, and if everyone does their part, we'll make that happen."

Unfortunately, the weather forecast doesn't look like it will bring the rain needed to get the reservoirs up to typical levels, according to Environment Canada meteorologist Matt MacDonald.

The region received only 15.7 mm of rain so far in May, June and July — nearly 140 mm less than average, MacDonald said Monday. July has only seen 1.3 mm of rain thus far, he said, compared to the usual 36 mm.

While he said there might be a "sprinkle" of rain overnight Monday or on Friday, there's no way it will make up for the dearth of precipitation.

"We're not within the climatological window to see those rainfall amounts. It's just not going to happen," he said. "It'll be but a drop in a very empty bucket."

Visit metrovancouver.org to see a full list of water restrictions.

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PRIMARY RESPONSIBILITIES:

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- Identify prospects, revenue opportunities and lead generation
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- Organizing and updating media kits and sales collateral
- Direct Sales Support

REQUIREMENTS OF THE POSITION:

- Great organizational and time management skills
- Outstanding communication skills
- Intermediate knowledge of Microsoft Office - Word, Excel & Outlook
- Attention to details and thoroughness in the execution of tasks
- Must be a team player with a great, and we mean great, sense of humor

Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than August 7, 2015.

PLEASE QUOTE: "Sales Admin/Research - Vancouver" in the subject line. All submissions will be treated as confidential.

metro

ANONYMOUS

Likely hike in hacktivism in wake of police shooting

The fatal police shooting of a masked man associated with the international hackers' group Anonymous has set the stage for an unprecedented escalation in online attacks across Canada, says a technology expert.

Independent tech analyst Carmi Levy said this incident should be "sounding a very loud alarm," but the Canadian government is failing to take the hazard seriously.

"It's a whole new threat level," Levy said in an interview on Monday.

"And because Anonymous now seems to be very firmly focused on Canadian targets it's reasonable to assume that Canadians

can expect this kind of activity to continue and intensify in the next few weeks and months."

RCMP officers shot and killed a man Thursday evening outside a restaurant in Dawson Creek, B.C., where a hearing for the controversial Site C hydroelectric dam was taking place.

The BC Coroners Service identified the shooting victim as James McIntyre, a 48-year-old Dawson Creek resident.

Police said they shot the man after he refused to comply with officers' instructions. He later died in hospital.

Eyewitness video posted online showed a man wearing a Guy Fawkes mask lying bloodied on

the ground while two Mounties faced him with weapons drawn.

The smiling Fawkes mask has become a symbol for Anonymous since its high-profile attack against the Church of Scientology in 2008. Fawkes was the most well-known member of a plot to blow up the British Parliament in 1605.

The hacktivist group issued a press release claiming the man killed last Thursday as one of their own and vowed revenge against the RCMP.

It promised to identify the officer involved and release his personal information on the Internet.

THE CANADIAN PRESS

IN BRIEF

Abbotsford teens arrested for threatening seniors

Four Abbotsford teenagers are facing charges after repeatedly screaming threats and obscenities at seniors in a park over the weekend.

Abbotsford police first received reports last Thursday of young men driving around Goldfinch Park, yelling at seniors using a megaphone and

throwing objects at them, according to a news release from Const. Ian MacDonald.

Seniors were concerned the men would act on the threats, according to MacDonald.

But the gig was up on Saturday evening when two covert police officers stopped a blue Infiniti sedan near the park just as one man ap-

peared to be raising a megaphone to his mouth. The four males inside the vehicle were arrested. Amarprit Singh Dhaliwal, 19, Gobind Denzil Singh Pangli, 19, Suraj Narang, 18, and a 17-year-old male who cannot be named due to his age have been charged with uttering threats and causing a disturbance.

EMILY JACKSON/METRO

Sun shining on Chvrches

ELECTRO-POP

Scottish trio garners raves for new album



Thandi Fletcher
Metro | Vancouver

Scottish electro-pop trio Chvrches have spent less than an hour in the sweltering 35-plus-degree heat Pemberton Music Festival and already they're lathering themselves with sunblock.

"Factor 50 all the way," singer Lauren Mayberry says matter-of-factly. "At least. At least. We're too pale for this s—. We're made in Britain."

Mayberry's especially fair skin might be due to her Glaswegian roots, or it might have something to do with the fact that she and her bandmates just spent six months cooped up inside their basement studio, Alucard Studios, in Glasgow recording forthcoming sophomore album, *Every Open Eye*, to be released Sept. 25.



Martin Doherty, left, Lauren Mayberry and Iain Cook of Scottish electro-pop trio Chvrches backstage at the Pemberton Music Festival on Sunday. JENNIFER GAUTHIER/FOR METRO

The album's lead single, *Leave A Trace*, came out last Thursday and is already making waves online. On Sunday, *Vanity Fair* claimed the new track as its Best Song of the Week, describing it as Chvrches "doing what they do best, crafting elegant electro-pop and pairing it with (Mayberry's) sweet

"The response has been really amazing."

Lauren Mayberry,
Chvrches singer

vocals and incisive lyrics."

"We were travelling the day that it went up so we were kind of between airports trying to tether to things and see what was happening," Mayberry says. "The response has been really amazing."

She says the band wrote the track in the middle of the re-

cording process for their forthcoming album. And in record time — "about half an hour," keyboardist Martin Doherty is quick to interject.

"We clocked off early that day, that's what I remember," says Doherty with a laugh. "I remember just playing down the keys of the last little wee bits of vocal ideas that were coming out and then going, 'Cool, let's go home.'"

It didn't make sense to spend any more time on the track, the bare bones of which materialized quickly — a rare occurrence.

"It was also the first moment in the whole recording process that I felt that, like, electricity," says Doherty. "That's not to say we weren't making music that was good and felt good. We went on and we wrote 20-odd songs for this album, and we had loads of great moments. But this song, it was the first time that I had the 'holy s—' moment."

Returning to the studio was a welcome change. The band clocked in 364 shows in two years before taking time off to return to the studio.

IN BRIEF

More scope available to probe health firings

B.C. Attorney General Suzanne Anton introduced legislation Monday that gives the province's ombudsman more powers to investigate the firings of eight health researchers, including one who committed suicide.

Ombudsman Jay Chalke told a government committee he needs more powers to access data and interview witnesses if he does an investigation into the September 2012 firings.

The Ombudsman Act amendment is expected to be passed by the legislature this week, providing the ingredients an all-party finance and governance committee requires to appoint Chalke to review the firings.

The Opposition New Democrats, the fired workers and their families have been calling for a public inquiry into the firings, but the government has refused, pushing instead for a review by the ombudsman.

THE CANADIAN PRESS

WILDFIRES

Lightning the enemy in B.C.'s ongoing effort to fight fires

Lightning has become the enemy in the ongoing fire fighting effort in British Columbia.

Provincial Fire Information Officer Kevin Skrepnek says in the past 24 hours, 60 fires have started across B.C. and almost all of those have been sparked by lightning.

He says some of those storms did bring some rain, but others simply brought dry lightning.

Skrepnek says even more lightning-caused fires are expected with thunderstorms forecast to sweep across many areas of the province.

There have been almost 1,200 wildfires this season in B.C. and there are currently 216 burning, 15 of which are considered major fires.

Evacuation alerts or orders are in place for residents near five fires.

THE CANADIAN PRESS



Firefighters battle the Cougar Creek fire, north of Harrison Lake, on July 9. COURTESY B.C. WILDFIRE SERVICE

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REQUIREMENTS OF THE POSITION:

- Minimum 2 years of demonstrated success in advertising sales or business-to-business sales.
- Excellent networking, organizational and time management skills.
- Outstanding verbal and written communication skills, including proficiency in Microsoft Office.
- A self-motivated desire to develop new business.
- Some college education or relevant post-secondary training.
- Valid drivers license and a vehicle.

Individuals interested and having the skills described are requested to submit their resumé and cover letter via email to hr@metronews.ca no later than July 31, 2015.

PLEASE QUOTE: "SPECIAL PROJECTS SALES REPRESENTATIVE — Vancouver" in the Subject Line. All submissions will be treated as confidential.

metr

Minister slammed over shirt

POLITICS

Inappropriate garb for funds announcement, critics argue

Pierre Poilievre's decision to wear a Conservative Party golf shirt during an announcement Monday on the rollout of increased child care benefits payments is being criticized by the opposition as an attempt to put a party brand on public money.

The employment minister donned the blue shirt with the party crest in Halifax as he kicked off a national effort to tout \$3 billion in benefit payments being sent out to families.

Since 2006, the government has handed out monthly payments of \$100 for every child in Canada under age six. As of Monday, the payment rises to \$160 a month, and children age six to 17 earn their parents \$60 per month.

The increased payments are retroactive for the past six months, meaning a one-



Pierre Poilievre wears a Conservative Party logo golf shirt during the announcement of increased child care benefits Monday. ANDREW PINSENT, NEWS 95.7 (CJN1 HALIFAX)/THE CANADIAN PRESS

time payment now going out to parents could be up \$520 for children under six, and up to \$420 for every child six to 17. NDP Treasury Board critic

Mathieu Ravignat - whose party is arguing the money would be better spent on a national child care program - says it's not appropriate for Poilievre

to wear party logos while announcing funding approved by Parliament.

"He was speaking about the policy while wearing the shirt.

“Announcements are not supposed to be made with party logos.”
Liberal MP Adam Vaughan

There was a clear attempt to brand the Conservative Party by wearing this shirt and that's ethically unacceptable," Ravignat said in a phone interview.

Liberal MP Adam Vaughan, the party critic for Housing and Urban Affairs, cited a 2010 ruling by the Conflict of Interest and Ethics Commissioner that criticized the use of Conservative party logos on cheques and other props during federal announcements.

"Government announcements aren't supposed to be made with party logos, that's why they got in trouble with the novelty cheques," he said, referring to a series of government announcements when Conservative candidates were criticized for handing out cheques with the party brand

on them.

The minister was unavailable for comment about the opposition criticisms of his golf shirt.

However, during the news conference he said the benefits cheques put the choice on child care in the hands of parents.

"Parents get to spend the money however they like, including on daycare if that's their choice," he told reporters. "Liberals and NDP will take all this money away and spend it on big, bureaucratic programs that never deliver any results to families."

Speaking in Fredericton, Liberal leader Justin Trudeau said his plan for a child care benefit includes a larger, tax-free monthly payment targeted at families who need it most.

The federal NDP also highlighted its plan for a national child care strategy.

"The NDP will maintain the child benefit but we recognize that it isn't enough to help families cover the growing costs of childcare," said Dartmouth-Cole Harbour MP Robert Chisholm in an email.

THE CANADIAN PRESS

OUTDOOR MOVIE NIGHTS AT SECOND BEACH IN STANLEY PARK

Movie starts at dusk. Bring your own blanket or lawnchair. Family friendly event (no smoking/no alcohol). View full movie schedule and purchase VIP Seating at:

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ELECTIONS

Court repeals vote for expatriates

Allowing Canadians who have lived abroad for more than five years to vote in federal elections would be unfair to those who live in Canada, Ontario's top court ruled Monday.

In a split decision, the Court of Appeal overturned a ruling that had restored the right of more than one million long-term expats to vote.

"Permitting all non-resident citizens to vote would allow them to participate in making laws that affect Canadian residents on a daily basis but

have little to no practical consequence for their own daily lives," Justice George Strathy wrote for the majority court.

Two Canadian citizens living in the United States — Montreal-born Jamie Duong and Toronto-born Gillian Frank — launched the constitutional challenge, arguing the five-year rule was unreasonable.

Both argued they had only left for educational and employment opportunities and still had strong attachments to Canada. THE CANADIAN PRESS

TRUTH AND RECONCILIATION

Petition urges all parties to back commission findings

A petition that calls on all political parties to incorporate the recommendations of the Truth and Reconciliation Commission into their election platforms has more than 1,200 signatures.

The petition, which is spearheaded by three professors at the University of Manitoba, calls it a "crucial moment in Canadian history."

It calls on governments of all levels to recognize the

harm done by aboriginal residential schools and acknowledge their "genocidal character."

The petition notes the work that went into the commission and calls on all Canadians to reflect deeply on its findings.

The commission visited hundreds of communities and heard testimony from 7,000 residential school survivors, including graphic details of rampant sexual and physical abuse.

THE CANADIAN PRESS

WINNIPEG

Truck rams five cruisers



Colin Fast
Metro | Winnipeg

Outside Winnipeg police headquarters was like a scene from Grand Theft Auto Monday as a moving truck deliberately rammed five police cruisers parked on the street.

The chaos unfolded shortly after 11 a.m. in front of the Public Safety Building, when witness Tim Jaskow said a three-ton white moving truck pulled alongside a row of police cars on Princess Street and drove back and forth three times to smash the vehicles.

The truck sped off westward along the Trans-Canada Highway beyond Portage La Prairie.

RCMP stopped the truck with a spike belt and a man was arrested. Winnipeg police have not identified him, but a reliable source identified him to Metro Winnipeg as Wayne Rennie, 24.

The incident disrupted a "smoke-in" held by supporters of Your Medical Cannabis Headquarters on Main Street.

WITH FILES FROM CANADIAN PRESS

Security Council endorses watershed Iran nuke deal

UNITED NATIONS

Israel's envoy calls vote 'a very sad day' for the world

The UN Security Council on Monday unanimously endorsed the landmark nuclear deal between Iran and six world powers, and authorized a series of measures leading to the end of UN sanctions that have hurt Iran's economy.

But the measure also provides a mechanism for UN sanctions to "snap back" into place if Iran fails to meet its obligations.

Both U.S. Ambassador Samantha Power and Iran's UN Ambassador Gholamali Khoshroo called the agreement an important achievement for diplomacy, the Iranian promising to be "resolute in fulfilling its obligations" and the American pledging to be vigilant in ensuring they are carried out.

The resolution had been agreed to by the five veto-wielding council members — who, along with Germany, negotiated the nuclear deal with Iran. It was co-sponsored by all 15 members of the Security Council. The European Union's foreign ministers endorsed the deal later Monday in Brussels and pledged to implement it.

Under the agreement, Iran's nuclear program will be curbed for a decade in exchange for potentially hundreds of billions of dollars' worth of relief from international sanctions. Many key penalties on the Iranian economy, such as those related to the energy and financial sec-



Ron Prosor, Israel's ambassador to the United Nations, addresses a news conference at the UN headquarters, Monday, after the Security Council unanimously endorsed the landmark nuclear deal between Iran and six world powers. THE ASSOCIATED PRESS

tors, could be lifted by the end of the year.

Iran insists its nuclear program is purely peaceful, aimed at producing nuclear energy and medical isotopes, but the United States and its Western allies believe Tehran's real goal is to build atomic weapons. U.S. President Barack Obama has stressed that all of Iran's pathways to a nuclear weapon are cut off for the duration of the agreement and Iran will remove two-thirds of its installed centrifuges and get rid of 98 per-

“The world is now a safer place.”

Matthew Rycroft, Britain's UN Ambassador

cent of its stockpile of uranium.

Britain's UN Ambassador Matthew Rycroft said "the world is now a safer place in the knowledge that Iran cannot now build a nuclear bomb."

But Israel's UN Ambassador Ron Prosor told reporters im-

mediately after the vote that the Security Council had "awarded a great prize to the most dangerous country in the world," calling it "a very sad day" not only for Israel but the entire world.

The document specifies that seven resolutions related to UN sanctions will be terminated when Iran has completed a series of major steps to curb its nuclear program and the International Atomic Energy Agency has concluded that "all nuclear material in Iran remains in peaceful activities."

All provisions of the UN resolution will terminate in 10 years, including the "snap back" provision on sanctions.

But last week the six major powers — the U.S., Russia, China, Britain, France and Germany — and the European Union sent a letter informing UN Secretary-General Ban Ki-moon that they have agreed to extend the snap back mechanism for an additional five years. They asked Ban to send the letter to the Security Council.

THE ASSOCIATED PRESS

LAW UAE outlaws haters

The United Arab Emirates has issued new legislation aimed at combating intolerance, outlawing actions that stoke religious hatred and discriminate based on religious or ethnic background.

The law's introduction Monday comes amid growing alarm in the Emirates and other oil-rich Gulf Arab states over the rise of militant extremists, particularly the Islamic State group.

The legislation bars discrimination based on "religion, caste, creed, doctrine, race, colour or ethnic origin," according to official state news agency WAM. It also criminalizes any action that encourages religious hatred or insults religion, and calls for punishing those who label other religious groups as infidels or unbelievers.

"The law is intended to provide a sound foundation for the environment of tolerance, broadmindedness and acceptance in the UAE," the report said.

The law was decreed by the president, Sheikh Khalifa bin Zayed Al Nahyan. Among other things, it targets actions that are considered hate speech or promote discrimination or violence in all forms of media.

Penalties include six months to more than 10 years in prison and fines up to two million dirhams (\$545,000 US). Authorities held out the possibility of amnesty for those who proactively turn themselves in.

The Emirates is a Western-allied, seven-state federation that includes oil-rich Abu Dhabi and the Mideast commercial hub of Dubai. Home to the second largest Arab economy, it has emerged as a multicultural trade and tourism centre.

THE ASSOCIATED PRESS

AIR CRASH

Russia introduces alternative UN resolution



A relative cries during a commemoration ceremony in Nieuwegein, Netherlands, Friday, for those killed when Malaysia Airlines Flight 17 was brought down. THE ASSOCIATED PRESS POOL

Russia on Monday introduced a UN resolution demanding that those responsible for shooting down a Malaysia Airlines plane over Ukraine last year be brought to justice — but eliminating the international tribunal that the five countries investigating the crash are seeking to prosecute the perpetrators.

Russia said earlier this month it opposed a draft submitted by Malaysia on behalf of the five countries that would establish an international court.

The rival Russian draft reso-

lution expresses concern that the investigation isn't ensuring "due transparency in its organization and work methods, which may have a negative impact on its outcome."

Ukraine and the West suspect Flight MH17, travelling from Amsterdam to Kuala Lumpur, was destroyed by a surface-to-air missile fired by Russian soldiers or Russia-backed separatist rebels, killing all 298 people on board.

Moscow denies that and Russian officials and state media have alleged the plane was shot

down by a Ukrainian missile or warplane.

The Russian draft states that "the establishment of the true causes of this aerial incident is critical for bringing those responsible to justice" and suggests that the International Civil Aviation Organization "could play a more active and appropriate role in this investigation." The Security Council met behind closed doors Monday afternoon so Russia's Ambassador Vitaly Churkin could examine the text.

THE ASSOCIATED PRESS

IN BRIEF

Broken strut believed to have doomed rocket

SpaceX suspects a 61-centimetre steel strut snapped inside its unmanned Falcon 9 rocket and led to last month's launch accident at Cape Canaveral, Fla.

The company's founder and chief executive, Elon Musk, said Monday that these struts had flown many times before without any problem.

The strut was holding down a helium bottle in the liquid oxygen tank.

THE ASSOCIATED PRESS

IN BRIEF

PayPal's stock soars

PayPal shares jumped \$2.81 US, or seven per cent, to \$41.20 US on the Nasdaq Stock Exchange on Monday, its first day as a separate and publicly traded company as the firm outlined plans to capitalize on the rise of mobile payments and the growing digitization of money. The payments system company officially split with eBay Inc. on Friday.

PayPal CEO Dan Schulman and employees rung in the opening bell on the Nasdaq, while the company gave out food via food trucks in Times Square and posted passersby's photos on Nasdaq's seven-storey digital billboard to commemorate the listing.

THE ASSOCIATED PRESS



Dan Schulman, PayPal's CEO. COURTESY PAYPAL

market minute

	DOLLAR 76.94¢ (-0.06¢)
	TSX 14,425.55 -217.29)
	OIL \$50.44 US (-77¢)
	GOLD \$1,106.80 US (-\$25.10)

NATURAL GAS: \$2.823 US (-4.7¢)
DOW JONES: 18,100.41 (+13.96)



An employee replaces prices with the new Value Added Tax (VAT) at a supermarket in Athens Monday. Many goods became more expensive as the first batch of austerity measures, demanded by Greece's creditors, kicked in. THE ASSOCIATED PRESS

Greeks face price hikes

ECONOMY

Banks open but cash curbs still in place

Greece set a series of landmarks Monday it hopes will shore up its battered economy following months of crisis that threatened its place in the euro.

Banks reopened after more than three weeks, and the cash-strapped country got a short-term loan from European creditors to pay more than six billion euros (about \$8.45 billion US)

owed to the International Monetary Fund and the European Central Bank. Non-payment on either would have derailed Greece's recent bailout request.

Though the bank daily cash withdrawal limit stayed at 60 euros (about \$85), the government has given individuals a new weekly limit of 420 euros (about \$600) from this coming Sunday so they don't need to trudge to the ATM every day.

But for most recession-weary Greeks, Monday was all about the price of goods as new tax rises demanded by creditors on everything from coffee to taxis took effect. Dimitris Chronis,

who has been running a small kebab shop in central Athens for 20 years, says the new taxes could push his business over the edge, especially when combined with higher business taxes and meat prices. "I can't put up my prices because I'll have no customers at all," said Chronis, who said sales have slid by around 80

"I can't put up my prices because I'll have no customers."

Dimitris Chronis, shop owner

per cent since banking restrictions were imposed June 29.

There are few parts of the Greek economy left untouched by the increase in sales taxes on many basic goods from 13 per cent to 23 per cent. They have been imposed on many basic goods, from cooking oils to condoms, through to popular services, such as eating out at restaurants and ferries to the Greek islands.

The tax rises formed part of a package of confidence-building measures the Greek government had to introduce for negotiations on a third bailout to begin.

THE ASSOCIATED PRESS

ASHLEY MADISON

Cheating website hacked

A Canadian-owned website for people seeking affairs was recovering from a cyberattack Monday after hackers stole confidential customer information, posted some of it online and threatened to publish all of it unless the company is shut down.

Avid Life Media, which owns Toronto-based cheating site AshleyMadison.com, called the attack an "act of cyberterrorism" and vowed to hold those behind the hack responsible for their actions.

While its site appeared to be working normally Monday morning, an online security blog, KrebsOnSecurity.com, posted what appeared to be a screenshot of the site's home page late Sunday bearing a message from those allegedly behind the hack.

"We are the Impact Team. We have taken over all systems in the entire office and production domains, all customer information databases, source code repositories, financial records, emails," the message said, according to Krebs.

Whoever hacked the site claimed they did so to expose alleged lies Ashley Madison told customers about a service that allows members to erase profile information for a \$19 fee, Krebs reported.

But Avid Life said the allegations about the "paid-delete" option on Ashley Madison were false.

"The 'paid-delete' option offered by AshleyMadison.com does in fact remove all information related to a member's profile and communications activity," it said.

The company said it was offering its full-delete option free, in light of the cyber-attack.

THE CANADIAN PRESS

SMARTPHONES

iPhones bucking slowing sales trend

Smartphone sales may be slowing for some tech companies, but not for Apple. Analysts expect another powerhouse performance when it reports quarterly financial results Tuesday. Apple's signature iPhones remain popular, even as other smartphone makers are seeing demand slow down.

Wall Street analysts estimate Apple will report a hefty \$10.3 billion US in profit after selling \$49 billion US worth of iPhones, iPads, Mac computers and other products during the April-June quarter. That's an increase of

47 million

Apple likely sold about 47 million iPhones during the most recent quarter, or 34 per cent more than a year earlier, according to analysts polled by FactSet.

more than 30 per cent in both revenue and profit from the same period a year earlier.

Apple has said it won't release sales figures for the new

Apple Watch, though some analysts believe demand has fallen since Apple introduced the wearable gadget three months ago. But it almost doesn't matter: As in other recent quarters, Apple will reap its biggest rewards from its smartphones, especially the new, big-screen iPhone 6 and 6 Plus models introduced last fall.

Several analysts say their studies confirm Apple CEO Tim Cook's claim that many recent iPhone buyers are people who switched from Android phones. Some consumers were drawn

to Android devices in recent years because they had bigger screens, but Apple's decision to increase the iPhone's screen size is persuading Android owners to defect, said Ryan Reith, who tracks smartphone sales for IDC.

Canaccord Genuity analyst Michael Walkley estimates that during the first three months of 2015, Apple reaped 92 per cent of the \$16.6 billion US in operating profit generated from smartphones by companies around the world.

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ROSEMARY WESTWOOD

metroview

We look for laughs from a politician, and politics from a comic

I want to love Amy Schumer. Not just love her, really, more like worship. I could spend all day listening to her crack period and vaginal-discharge jokes. I'd be happy to watch her give a never-ending acceptance speech for a "Woman of the Year" award, lambasting the celebrity beauty standards for women, noting she can "catch a d-k" whenever she wants, and not caring that most men in the audience aren't laughing.

I caught Trainwreck, her new movie (or rather, the baby she made with director Judd Apatow), on the weekend, and I realized that I really do like toilet humour — I'd just never heard it done well by a woman before. The film thus felt groundbreaking, I said afterwards, full of raunchy, off-kilter comedy that's long been the domain of men.

But — and I won't be the first to tell you this — there's a problem with comic-worship.

Schumer is a feminist, yes, but that's not her job. Her job is jokes. (Some people don't even think she's great at that, like those who say she makes racist jokes.) When people tell you Trainwreck wasn't that revolutionary because it has (spoiler alert) a happy monogamous ending, please remind them: It's a Hollywood flick. Get your counterculture somewhere other than a rom-com, people. It's not surprising that the message is

a conforming one — it would be surprising if it weren't.

On the flip side, let's pause for a moment to ponder Donald Trump. The man with the Orange Crush skin and scarlet red tie. The man who knows how to overcome controversy: By adding to it.

First, he makes racist remarks against Mexican immigrants to the U.S. Then he suggests John McCain is a wimp for getting captured in the Vietnam War: "He is a war hero because he was captured. I like people that weren't captured, OK?"

Talk about a punchline. Isn't it great to watch? A crazy billionaire as the top Republican candidate for President of the United States. What could be more entertaining than Trump being taken seriously?

Take the New York Times, which noted his campaign "is built entirely around the instincts and grievances of its unpredictable candidate — and does not rely on a conventional political operation that protects presidential hopefuls from themselves."

Hmmm... tell me more of the "strategy" behind Trump.

To recap: We're looking for laughs from a politician, and politics from a comic. Something is amiss.

Yes, comedy can drive social change. But it's Schumer we should be paying to make us laugh. And politicians — if not Trump — to make us think.

THE BIG THING: FUNCTIONAL FRIENDS

It was a simple experiment that raised complicated questions. Researchers at the Rensselaer Polytechnic Institute disabled the speech of two of three super-smart robots, then asked "Which one of you can speak?" One said, "I don't know," but then, hearing its own voice, backtracked and said, "I know now," thus passing a crucial self-awareness test. But real self-awareness, the kind we need to make and keep friends, takes far more than knowing when you're the only one in the room talking (though that's a good start). Here are the tests Metro would like to run before entrusting any robot — no matter how smart — with our friendship. METRO

1 The talking-to-servers test

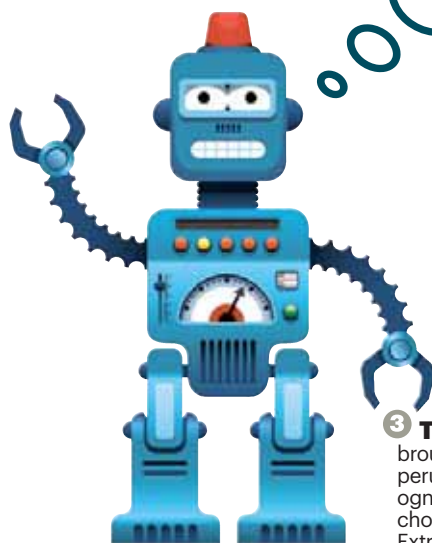
Robots are sent to dinner at a busy sit-down restaurant. Researchers observing from nearby tables attempt to discern in subjects' interactions with staff any evidence that the bots understand how much harder it is to serve than to be served — and that the people who do the job are human beings, not just a bunch of food-dispensing robots.

2 The backpack-on-the-bustest

Robots with bulky backpacks are released onto public-transit during rush hour. Researchers record whether robots remove their backpacks and hold them at their feet, and, whether, when seated, they look up from their phones often enough to notice pregnant, elderly or infirm passengers to whom they should give up their seats.

3 The karaoke test

Robots are brought to a karaoke room and allowed to peruse the song binder. Those who recognize and accept their vocal ranges and choose songs accordingly pass the test. Extra credit to those who choose songs the whole group can enjoy.



Earthquakes can take down viaducts, or we can



YOUR RIDE

Karen Quinn Fung

Every few months, I get a burst of energy to reconsider my home's emergency preparedness.

Last year I started stockpiling potable water. This spring, I acquired a portable battery power source — likely handy should I and my neighbourhood find ourselves in the aftermath of our region's inevitable major earthquake.

A recent widely shared essay about the Cascadia Subduction Zone was a grim reminder of the slow shifts happening daily beneath our feet. Many who work in disaster preparedness argue passionately that the likelihood of these disasters should feature much more prominently in all our decisions about our economy and how we build

our cities.

For the decision on Vancouver's Georgia and Dunsmuir viaducts, what we expect in the event of an earthquake is nothing to shrug off. In this case, doing the safer thing happens to neatly overlap with the most cost effective thing to do — which is to take the viaducts down.

The viaducts as we know them now were built in the 1960s. In the intervening time, our understanding of both earthquake-resistant structures and what happens to the ground during earthquakes has advanced in leap and bounds. Both are key to this discussion — the city's environmental assessment revealed the viaducts rest on unstable material that was used to fill in False Creek. Rectifying that to bring our viaducts to a minimally acceptable standard would cost an estimated \$50 million to \$65 million.

The Expo Line SkyTrain

guideway weaves under the Georgia viaduct between Stadium-Chinatown and Main Street-Science World stations, downed viaducts would almost certainly disrupt, if not bring to an utter standstill, a major alternative travel option for people accessing the downtown core.

Add to that the clear advantages of a rejigged Pacific Boulevard that is proposed in place of the viaduct. And the road option would cost five to 10 times less to maintain. A road can better take advantage of what we know about other risks, like the rising sea levels resulting from climate change.

Freeing up the space taken up by the viaducts allows us to think about building affordable housing, parks or other uses for the land the city already owns. For spectators at the Rogers Arena or BC Place, a two-way road means less driving around — and more space to build iconic places in

Our understanding of earthquake-resistant structures has advanced in leaps and bounds.

which to celebrate.

Unlike other societies in other places and times, we don't have a widespread push to reorient what we build and do as if earthquakes are a matter of "when" and not "if"; and we may never do that without a firsthand experience of disaster. Coping with the impacts of removing the viaducts on us may be difficult — but in the end, that will probably be less painful than if earthquakes get a chance to take the viaducts down for us.

Karen Quinn Fung writes on sustainable transportation issues and policy. Find her @counti8 on Twitter.

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Over 1.1 million copies of Harper Lee's *Go Set a Watchman* sold in North America

Taylor Swift tops Canada's music charts with most singles sold so far in 2015. GETTY IMAGES

Taylor top-selling artist in Canada

MUSIC Mid-year sales report puts Swift's 1989 and Sheeran's x neck and neck

Midway through 2015, good friends Taylor Swift and Ed Sheeran were locked in a tight race for the top-selling album in Canada.

According to Nielsen Entertainment's mid-year Canadian report, either Swift's blockbuster 1989 or Sheeran's x has the slight edge in sales so far this year.

If looking purely at album sales, the 24-year-old Sheeran has sold 117,000 copies of his sophomore album to Swift's 111,000.

But the unassailable Swift claims the edge over the ginger Brit when track-equivalent album sales are factored in: 172,000 to 170,000.

Sheeran, who steered a headline-grabbing Canadian tour before hosting last month's MMVAs, has the biggest single hit of the two of them with Thinking Out Loud. It's second only to the

+ FRIDAY RELEASE

Record industry decides to drop albums on Fridays

As of last week, the music industry initiated a worldwide shift toward pushing out almost all new albums on Fridays, upending the previous North American standard of Tuesday releases.

Industry execs are touting a globally synchronized release date as a tonic for piracy, an opportunity for internationally co-ordinated marketing and a chance to stimulate sales with free-spirited weekend whimsy.

Nielsen Entertainment's senior vice-president of industry insights David Bakula says that until a blockbuster release is issued on a Friday, it will be tough to fairly

analyze the impact the shift will have. However, Bakula notes that release dates seem to hold less weight in the digital age.

And until there's evidence of the Friday shift's effect on sales, it's difficult to find a musician who will admit to caring.

Mac DeMarco's upcoming EP Another One will be released on Aug. 7, which is a Friday. When asked about it, the Edmonton native dismissively referred to the move as "some big industry plan."

"Tuesday, Friday, what's the difference?" asked the Juno-nominated artist. "To me, I don't even know what day of the week it is."

THE CANADIAN PRESS

Ultimately, both artists sold roughly 101,000 copies when track-equivalent album sales are factored into the equation.

It's also been quite the year for the Weeknd.

The Toronto R&B singer, otherwise known as Abel Tesfaye, snuck his single Earned It into the Top 10 in radio play and on-demand audio streams, and the album from which it was culled — the steamy soundtrack to *Fifty Shades of Grey* — took the third spot on the album chart.

Overall, total digital music sales (including single tracks and albums) increased 3.2 per cent compared to this time last year, Nielsen reported, while CD sales fell nearly nine per cent. Vinyl sales, though clearly a much smaller part of the market, leapt up 40 per cent.

Streaming volume also increased dramatically in Canada, to 10.5 billion total audio and video streams in the first half of the year.

"The biggest story of the year continues to be the growth of streaming," said David Bakula, Nielsen's senior vice-president of industry insights.

"Streaming is becoming the primary choice of consumption for many music fans." THE CANADIAN PRESS

INTERVIEW

Neon Trees frontman gets frank

EMILY LAURENCE
Metro in New York

Neon Trees shot up the charts in 2012 with their party-ready songs Animal and Everybody Talks, but the tracks on their most recent album Pop Psychology are a bit more melancholy.

The band's new single Songs I Can't Listen To is about a breakup, but not of the romantic variety.

"My best friend of nine years said she was getting married

and didn't think we could be friends anymore," Glenn tells us. "It broke my heart in a way that's different from a romantic relationship."

While he says the two haven't spoken since the sad talk, he did just receive an invite to her wedding, though he hasn't decided if he's going to go or not.

Though the song is all about a friend breakup, the music video is about a gay romantic relationship, noteworthy since Glenn, 31, just came out last year, in an interview with Roll-

ing Stone.

"I totally forgot it would be something people would comment on," Glenn says of the same sex relationship in the video. "It wasn't meant to be click bait or shocking."

Glenn wasn't out when he was working on Pop Psychology, but the songs reflect experiences he had as a gay man.

"Sleeping With A Friend is about a guy who is straight and married to a woman," Glenn tells us. "So that's kind of awkward for him."

Glenn says that he will be

talking even more about personal relationships on the next Neon Trees album.

"Half of my life in my 20s was a secret, so now I'm way honest to a fault and having a good time because I can," he says.

He says fans can expect the band's new songs to be happier, since he's in a good place right now. "I usually feed off of being heartbroken or a negative situation."

"It's been interesting writing more when someone good is in your life."



Tyler Glenn came out as gay in a 2014 Rolling Stone interview. Since then, he says, his songwriting has become more personal. THE ASSOCIATED PRESS

Meet The Man From U.N.C.L.E.'s women

LATEST GUY RITCHIE CAPER

Alicia Vikander and Elizabeth Debicki join cast of actioner

You might say Alicia Vikander and Elizabeth Debicki danced their way into The Man From U.N.C.L.E.

Both are former ballerinas who drew on dance backgrounds for their roles in Guy Ritchie's latest action romp.

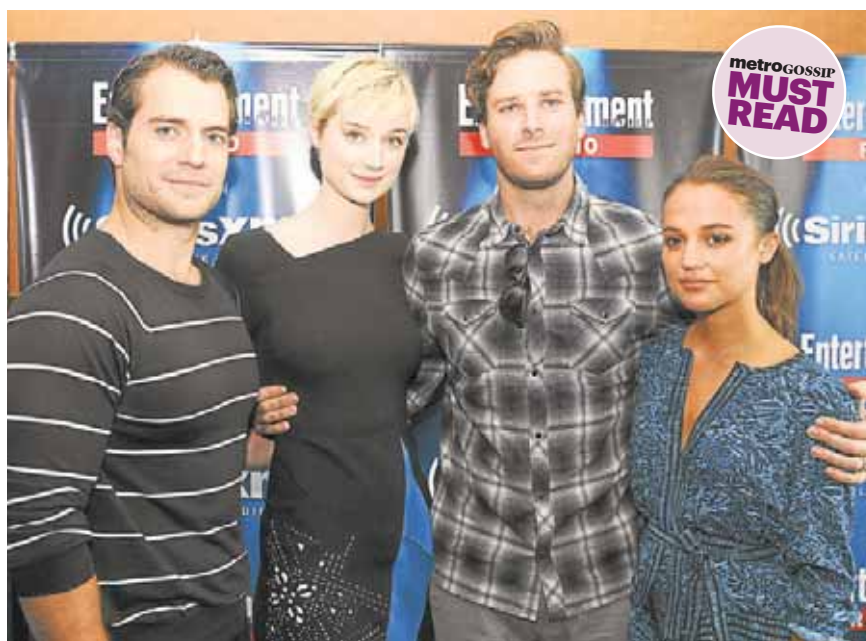
"I know I used it when I was creating my character," Debicki said. "She's a villain, but I always had this idea that she sort of almost floated."

Vikander, 26, and Debicki, 24, star alongside Henry Cavill and Armie Hammer in The Man From U.N.C.L.E., Ritchie's slick take on the beloved 1960s TV series. Vikander is a feisty car mechanic who gets caught up in a caper with a CIA agent Napoleon Solo (Cavill) and KGB operative Ilya Kuryakin (Hammer). Debicki is the villainess they're trying to take down.

Both actresses said Ritchie's film set was a collaborative and relaxed environment, though Debicki is convinced "Guy's brain works at a different pace (than) most human beings."

She and Vikander were both surprised by the final film.

"He cut it in a way that only Guy can, and he added a soundtrack that only Guy could imagine," the French-born Debicki said. "So we both had the same experience when we watched the film, like, 'Oh, that was



Henry Cavill, left, Elizabeth Debicki, Armie Hammer and Alicia Vikander. ALL PHOTOS: GETTY IMAGES

what we made."

The actresses made their first trip to Comic-Con in San Diego earlier this month to promote the film and Vikander was taken by the enthusiastic fandom.

"That's what I love about this place!" said the actress, who was born in Sweden. "Because everyone is the sweetest. Everyone is walking around with smiles on their faces, and so passionate. Dedicated fans. It's really amazing being here and seeing that."

Asked what kind of convention might lure her across the world, Vikander laughed.

"I'm such a nerd when it

comes to interiors, so I would probably go and look at chairs in another country," she said. "But I don't think that a chair convention would be with as much passionate people as Comic-Con."

"I'd be at the refrigerator convention," Debicki joked. "Coming from a dance background, I would probably travel out really far and wide to see a company I really wanted to see. If Pina Bausch's company were in a forest somewhere..."

"I'm there!" Vikander said.

The film opens Aug. 14.

THE ASSOCIATED PRESS

BOY BAND

Simon Cowell tells 1D star to 'man up'

Simon Cowell is patting himself on the back for talking One Direction star Louis Tomlinson off the ledge following news he's having a baby with non-girlfriend Briana Jungwirth. "I said to him, 'You man up. You're fortunate because you're in a position to be able to look after the baby and not worry too much about that,'" Cowell boasts in an interview with the Sun. "But I also told him, 'I've received bad calls in my life, but this is not one of them. This is your business, but I'm here for you.'" Thanks?

Also, Cowell certainly has an interesting way of putting a positive spin on things: "He didn't kill anyone. He got someone pregnant," he says.

"It happens every day all over the world. Again, Louis has got great family around him and, look, it's a plus, not a negative."

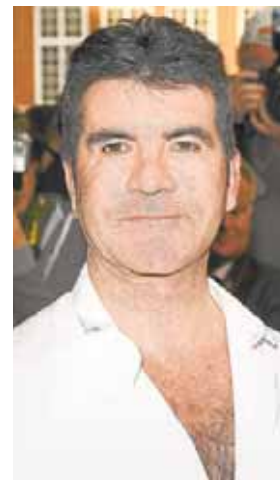
Speaking of bad news, Cowell suggests that this baby situation coupled with Zayn Malik's departure might be just the opportunity the group needs to give it a rest already. Sorry, girls.

"In terms of the band,

they've got enough hits now they can take some time off and do some other stuff they want to do," he says. "Then I hope they'll have a little bit of time apart and want to get back together again."

Can I just say that this all seems, I don't know, suspiciously well co-ordinated?

NED EHRBAR/METRO IN HOLLYWOOD



Music man Simon Cowell

BEAUTY AND THE BEAST

Emma Watson kidnap plot a hoax



The world is not such a sad and dark place as previously thought, as a rumoured plot to abduct Emma Watson from the set of Beauty and the Beast turns out to be totally made up.

A taxi driver near the London area film set claims to have overheard two studio employees discussing plans to make off with the actress — and really, can you blame them?

I mean, yes, of course you can, if they actually kidnapped her. But can you blame them for wanting to? You know what, I'm just digging myself a deeper and deeper whole here. Anyway!

"There was a concern about her safety," a source says, but apparently it didn't last very long. A spokesman for the film tells Vogue U.K., "The story was looked into by production and found to be unsubstantiated and untrue." Well, that's a relief.

NED EHRBAR/METRO IN HOLLYWOOD

GOSSIP NOTE

Blake and Miranda split

After years of tabloid gossip, country music's top couple Blake Shelton and Miranda Lambert announced their divorce after four years of marriage. The news was confirmed in a statement Monday to The Associated Press, issued by their representatives. "This is not the future we envisioned," the former couple said. "And it is with heavy hearts that we move forward separately. We are real people, with real lives, with real families, friends and colleagues. Therefore, we kindly ask for privacy and compassion concerning this very personal matter."

THE ASSOCIATED PRESS

OPEN DAILY

FEATURING CANADA'S MOST EXTREME PENDULUM RIDE

THE BEAST

EXERCISE PARTNERS

App pairs you up to get fit

Working out with a friend is a proven way to actually get up off your butt. Making a commitment to each other gives you both a reason to get out of bed, skip the office doughnuts and even use the workout as a chance to strengthen your bond.

The problem is that life happens, leaving you with an apologetic text message while stretching for a five-mile run that suddenly seems a lot longer and lonelier without your workout buddy by your side.

Enter Jaha (the name means “chase”), a new app that makes exercise a more social experience. Your profile goes beyond a standard bio to include fitness-focused stats like stride length, as well as a description of the workout you’re looking to partner up for, whether it’s running, tennis, cycling or something else. Then, by swiping right or left à la Tinder, you can find a fitness partner.

Jaha has a built-in step counter, which it uses to fine-tune matches based on fitness level. Keep track of your progress and challenge others through the app to spur you on — even if you can’t find a partner in real life that day, there’s a community of users to keep you motivated.

With Jaha, you’ll never have an excuse for not working out because you got stood up. We’re sorry/you’re welcome.

EVA KISS/
METRO NEW YORK

CONTRIBUTED

Three things guys are doing wrong at the gym

HOLD IT! YOU’RE EXERCISING WRONG

Everything you think you know about working out is probably wrong, dude

Matthew Lee
Metro in New York City

Look, man, I’m going to be straight up with you: You’re likely doing it wrong at the gym. Take it from me, someone who until pretty recently (last month) didn’t know anything (okay, I knew a little) about working out at the gym.

What changed?

I met with Edward Jackowski: personal trainer, founder of Exude fitness in New York City, and author of seven books

including Hold It! You’re Exercising Wrong. Jackowski, who is a master at what he does, examined me with a single look and explained what workout routine I should be doing based on my body type.

When I explained my current workout routine to Jackowski — a mix of exercises I discovered online and through word of mouth — he told me I was doing everything wrong and that I wasn’t alone.

Here are the three most important things I learned to do at the gym (everything you’re not doing).

1. FORGETTING ABOUT THEIR CORE

Most men do only two things in the gym: lift weights to bulk up their arms and chest, and intimidate me. This is because men, and humans in general, like to do what they’re good at (especially intimidating me).

What they often leave out of their work out is their core, which Jackowski describes as your lower abdomen, upper legs and groin. It’s a region most men leave out of their routine.

“Men are good with the crunches, but they’re not good with the lower abs,” Jackowski told me. It’s not just that, however: Men often leave this area as the last part of their routine, or dump it altogether.

“When you work out and you save your abs for the last part of your workout, because you lifted so many weights at the end, you lose motivation because you’re tired.” And that often leads to an incomplete set, or skipping them altogether, Jackowski explained.

The lesson? Do your core workout immediately after you stretch. Core workouts suck, but it’s best to get the worst out of the way first.

2. NOT STRETCHING

More often than not, men aren’t stretching at the gym. If they are stretching, there is a decent chance that they’re not doing it at the right time. Jackowski explained to me that the best order of operations for exercise isn’t to stretch before working out, but to stretch after a proper warm-up.

“By warming up and stretching, you are asking your body for permission: ‘May I be aggressive with it?’” Jackowski explained, which is also a great way to avoid injury or strain to your body.

A warm-up can be any mild exercise that gets you nice and lubricated with sweat. Whether it’s pedalling on a bike, or jogging on a treadmill until you feel like a human Slip ‘N Slide, after seven minutes, you’ll be warmed up and ready for a good stretch.



3. LIFTING TOO MUCH WEIGHT

One of the most intimidating aspects of the gym is the presence of all the gorilla bros lifting small school buses over and over and spewing testosterone like it’s no one’s business.

But does your fitness routine really require you to lift your first grade class’s collective body weight over and over again?

“The reality of the situation is that we don’t need to be lifting that much weight to receive the benefit,” Jackowski told me, which was a relief for my toothpick arms and weak work ethic.

What Jackowski explained to me is that higher reps with a more moderate amount of weight will help you both burn calories as well as tone the muscles in your body. So if your goal is to look not-hideous when you take your shirt off (that is everyone’s goal), then this is honestly the route to take.

HEALTH

Plain packaging for cigarettes gets a boost

Ministers from 10 countries gathered in Paris Monday to launch a common drive to introduce plain cigarette packaging with the aim of stubbing out high smoking rates among young people.

Representatives from nations as far afield as New Zealand, Australia, South Africa and Uruguay issued a joint statement saying that “significant scientific proof justified ... plain cigarette packaging.”

The ministers said plain packaging had been shown to “reduce the attractiveness of the product for consumers, especial-

ly amongst women and young people” as well as increase the effectiveness of health warnings on packets.

Hosting the conference, French Health Minister Marisol Touraine said the aim was “a world without tobacco” and that “the generation that is born today should be a generation without tobacco.”

According to the World Health Organization, one

person currently dies every six seconds due to tobacco — nearly six million people each year.

“My target, with plain packaging, is not long-term smokers but preventing young people from starting to smoke and for these people the plain packaging has an impact,” said the minister.

Several countries have recently passed legislation to introduce plain cigarette

packaging — laws that have met with fierce opposition from the powerful tobacco lobby.

Australia was the first to introduce plain packaging legislation in 2012 with Ireland, France and Britain following shortly afterwards.

Britain and France are poised to introduce plain packaging from next year.

Several countries have recently passed legislation to introduce plain cigarette packaging — laws that have met with fierce opposition from the powerful tobacco lobby. AFP



ISTOCK

CHARITY

Ice Bucket Challenge donations fuel research

On the one-year anniversary of the Ice Bucket Challenge, Project ALS has announced that 100 per cent of donations raised through the social media phenomenon have now been used toward research.

The challenge called on social media users to post a video in which they dumped a bucket of ice water on themselves, then chose three friends to either do the same or make a donation. Over a six-week period last summer,

millions — including Justin Timberlake, Bill Gates and Cristiano Ronaldo — posted videos and over \$220 million in donations were generated, says Project ALS which now reveals those donations have been spent on research.

Among them: scientists are testing a hypothesis that lipids may provide a reliable biomarker for the disease, and new studies point to four cellular pathways involved in neuroinflammation that could potentially be targeted with drugs in order to slow the disease. AFP

Quantum physicist joins UBC

Daniel Hendriksen
For Metro

The University of British Columbia (UBC) recently announced that renowned quantum physicist Jennifer Hoffman has joined the school as its newest Canada Excellence Research Chair (CERC). Hoffman comes to UBC from Harvard

University and will join a team of quantum matter researchers.

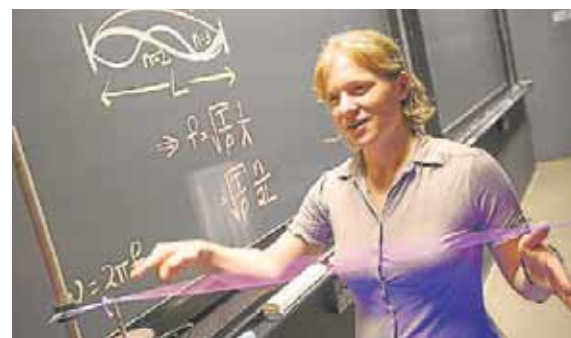
Hoffman will be one of just 24 CERCs in Canada, and will specialize in quantum materials and devices based on oxide heterostructures. She is UBC's second CERC, along with Dr. Matthew Farrer, who joined the faculty of medicine in 2010.

The post-secondary institution is excited about acquiring Hoffman's expertise.

"We are delighted to welcome Dr. Hoffman to Vancouver to join UBC's team of quantum matter scientists," UBC president Arvind Gupta said in a media release. "Quantum materials are expected to transform technology and spawn new industries. This investment allows our researchers to be at the forefront of discovering new materials and understanding their potential."

As happy as UBC is to have Hoffman, she is just as thrilled to join the school's exceptional team of quantum physicists led by Andrea Damascelli.

"I wanted to come here because of the people," Hoffman said. "It's a group who can examine the physical properties of quantum materials, study their theoretical underpinnings, and build devices out of these materials."



Quantum physicist Jennifer Hoffman has joined the University of British Columbia as its newest Canada Excellence Research Chair. KRIS SNIBBE/HARVARD PUBLIC AFFAIRS AND COMMUNICATIONS



An event like the 2010 Olympics would not have been possible without volunteers. CONTRIBUTED

Volunteers help drive B.C.

There are several world-class events held in and around the Lower Mainland and Whistler areas every year. All of these events can't take place without the help of volunteers — from the 2010 Olympics to the FIFA Women's World Cup to the numerous music festivals each summer, dedicated, competent volunteers are needed.

Luckily, Langara College is launching a new program that will go a long way in assisting event organizers to build a reliable and readily available volunteer base. Beginning in September, the volunteer coordinator certificate program (VCCP) will be run through

Langara's continuing studies department. The program is aimed at people employed in non-profit organizations, event management, amateur sport, corporations, and those who serve on a board. It will build individuals' skill sets to include volunteer recruitment, training, management, and motivation, and expand their employment opportunities.

According to Volunteer BC, approximately 1.5 million volunteers across the province contribute 114 million hours per year. The volunteer sector is one of the largest social and economic drivers in B.C.

"Volunteers are essential to

the operation and integral to the success and ability of the festival in carrying out its mission and vision," VFMF volunteer coordinator Brade Stanton said in a press release. "The festival values the time, talent, experience, knowledge, and commitment contributed by our volunteers."

The Langara VCCP program will be part time and will prepare students for employment as a volunteer co-ordinator for organizations that depend on volunteers, or to build on their administrative skill set with a volunteer co-ordinator component.

For more, visit langara.bc.ca.

DANIEL HENDRIKSEN



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NYIT

87% OF NYIT GRADUATES GET JOBS IN THEIR CHOSEN FIELDS WITHIN 6 MONTHS

Reap the benefits of exercising outdoors

Summer is the perfect time to step out of the gym and enjoy the great outdoors for a natural boost of energy and happiness — all while keeping up that fitness routine you use to break up those study sessions during the school year.

Whether trail running, practising yoga in the park or building brawn at boot camp, there's plenty to be gained by hitting the refresh button on your fitness routine and getting outside.

Daniela Nahas, co-founder of the Best Body Boot Camp in Toronto, says that throughout her seven years operating the business she has seen every type of client, from extremely fit to highly sedentary.

"And they've all been able to cope with an outdoor workout," she says.

"Nothing beats getting a good sweat in a park where you are surrounded by nature and feeling the sun on your skin. It's an amazing way to set your day on the right track or de-stress from it."

A new fitness backdrop can take some getting used to, but you'll be happy you did, as the health benefits are good for the body and the mind.

"Research also shows that those who are active outdoors are more likely to stick with it and have decreased stress and anxiety," says Allana LeBlanc, knowledge manager at ParticipAction.

"Being outdoors can also help increase your creativity."

Vitamin D from the sun also helps strengthen the immune system and boosts mood.

Even a light walk has been shown to improve self-esteem, decrease tension, while increasing energy, calm and revitalization.

For those hesitant to switch exercise gears, consider the reasons behind it.

Perhaps it's the preparation involved, unpredictable weather, or the fear of stepping out of a comfort zone. Whatever is stopping you, it's worth trying to override, insists LeBlanc.

"The thing that makes people the most reluctant seems to be issues with the weather," she says. "As long as you're prepared, a run outside on a fair weather day can be more fun than a bright sunny day. Fewer people, more freedom — you just have to give it a go and then you'll realize



SHUTTERSTOCK

that weather is not, or should not, be a limiting factor in getting active.

Equipped with built-in challenges — from hills, various gradients, concrete,

grass, sand and even mud — the mix of terrain helps push the body and stave off boredom.

— Tanya Enberg

Fast track to a career that makes you smile

Not every career allows you to see the confident, bright smile you put on your client's face. CDI College's Dental Technician program — one of five programs in Canada recognized by the College of Dental Technicians of British Columbia — provides consistent, world-class education that gives students the hands-on training and precision they need to excel in this exciting field.

Work carried out by dental technicians is highly sensitive and requires the utmost

attention to detail, which is why textbook learning is not enough. Through state-of-the-art on-campus labs, students will be able to develop and hone in on their skills prior to entering the workforce. "Hands-on practical training is better because it prepares you for situations that arise in which no traditional textbook methods can," said CDI College graduate Nikki N.

As part of the curriculum, students will also partake in multiple practicum placements

where they can observe lab procedures as well as acquire direct work experience building dental appliances and more.

"My career choice has changed my life by giving me a purpose; a career instead of just a job," said graduate Allison E., "I would recommend this program to anybody who is looking to start a career in the field."

For more information on the Dental Technician program, visit 1.800.360.7186 or call study.cdicollege.ca.



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Be on the cutting edge of fashion technology

It's not enough to be good at cutting fabric in today's fashion world — you have to be on the cutting edge of technology. Thanks to Vancouver Community College's Computer Technology in Fashion program, prospects for those in the fashion industry continue to look great.

"Technological advances are the biggest changes in the industry," explained Sarah Murray, Vancouver Community College's program co-ordinator, Fashion Arts, Recruitment and Industry Relations. "Patterns are no longer done by hand — they are done with computers [Gerber CAD] and next they will be fit to a 3D body [though this technology is still being perfected.]

"Technology changes rapidly and the schools are doing a good job of keeping up. Our new Computer Technology in Fashion courses are a response to this."

The program is open to recent graduates (within two years) of a Fashion Arts program, or to those with relevant work experience. The Computer Technology in Fashion program is comprised of five courses: two Technical Fashion Drawing courses, two Computer-Aided Drafting courses, and a Fashion Photoshop Applications course. VCC offers industry-respect-

ed programming at an affordable cost.

"We see students from all demographics," she added. "The majority of our students are in their late 20s, but it varies depending on if it is a full-time program or evening courses."

The program lets students train in industry-specific Gerber CAD software for pattern-making and pattern grading. Students will also learn to create flats and line sheets in illustrator, develop an extensive library of design details, stitches, and trims for future use, and to use Photoshop to bring fashion photography and illustrations to the next level.

Those interested in the program are invited to attend an information session on July 22, 2015 in room 819 at the downtown campus.

And VCC fashion's grads are really making a mark on the world. Recent graduate Hanna Wheale is participating in the BCIC New Ventures competition.

"We are really excited for Hanna and her partner Matthew Danchuk," Murray said. "It's amazing to see what our students are capable of beyond the classroom. We hope Clotho wins as it will be good for the school, but good for the Vancouver fashion industry to have new technology as well!"



Go ahead. Get skilled.
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Join us for a free information session

Wednesday, July 22, 5 p.m. - room 819

Downtown

Check out other upcoming info sessions

Program

Campus

Leadership, administration and management

Monday, July 20, 5:30 p.m. - room 419

Downtown

Automotive trades

Tuesday, July 21, 11 a.m. - lobby, building A

Broadway

Interior design

Tuesday, July 21, 5:30 p.m. - room 718

Downtown

Digital graphic design

Tuesday, July 21, 6 p.m. - room 721

Downtown

Hair design

Wednesday, July 22, 4:30 p.m. - room 201

Downtown

Skin and body therapy

Wednesday, July 22, 4:30 p.m. - room 201

Downtown

Downtown campus

located at 200-block Dunsmuir at Hamilton, two blocks west of Stadium SkyTrain station.

Broadway campus

located at 1155 East Broadway, one block west of Clark Drive, across from VCC/Clark SkyTrain station.



VCC.ca
604.871.7000

Hit the pavement on the cheap

It's mid-July and summer is creeping by a little faster than you anticipated. Soon you'll be packing and prepping for the school year ahead.

You'd like to make it a summer to remember with some time off to travel, but a plane ticket is out of reach when you're scraping the pennies together for tuition. Why not make it a long weekend road trip with friends? It's more affordable and doesn't require booking off too many of those much-needed shifts at work.

Here's how to keep your costs down, allowing for more time spent with friends, rather than checking your bank balance.

Plan your route

A GPS can be a great help on the road and can quickly redirect you when faced with unexpected delays due to traffic or roadwork. But before you leave home, it's still a good idea to plan your



SHUTTERSTOCK

route, divvying up the journey into bite-sized driving segments. At roadtrippers.com, you can map out the hotels and restaurants along the way and pre-book or clip coupons to get better deals.

Make your car road-ready

Check the inflation pressure of your tires, replace clogged air filters and make sure your wheels are aligned. Why? It will save you cash. Driving on properly inflated tires alone can carve off up to 3 cents per litre for gas and

ensure your tires last longer and perform better, according to Irene Agassi, public relations manager for Michelin North America (Canada) Inc. To ensure against mishaps on the road, you should also check your turn indicators, windshield wipers, horn, headlights, brake, and interior lights.

Book hotels in advance

Rolling into a hotel at 8 p.m. after a long day on the road won't get you a great price on a room. Instead let your fingers do the walking (prefer-

ably before you leave home) with trivago.ca, booking.com and hotels.ca. They'll give you the rates from dozens of hotels. An additional tip?

Nosh for next to nothin'

Packing a cooler (you can buy one that plugs into your car or opt for the traditional ice-cooled kind) can save you dough on the road. Stock it with drinks, sandwiches, and perhaps a few treats. Pre-frozen juice boxes will have the dual effect of keeping everything else cold and ensuring you have chilled drinks for later in the day.

Inspiring the future of education

For many, a career in education is a calling that is often inspired by a teacher or a personal experience. For Hoda Mohamoud, Vancouver Career College's Early Childhood Education graduate, it is the latter.

Having two children with special needs, Hoda witnessed firsthand the attention, care, and interaction delivered by early childhood educators to her children. "Seeing the impact they had on my children's lives, I felt that it was a career that I wanted to

pursue," said Hoda. Unlike traditional educational institutions, Vancouver Career College offers smaller class sizes, allowing for a more intimate environment that encourages students to communicate more openly with each other as well as the instructors, which is especially helpful during practicum placements.

"The moment you see a child improve physically, socially, emotionally, or any overall improvement, it is an honour," said Hoda.

"I live for those moments when a parent comes and hugs you thanking you because they spotted an improvement in their child's life."

Graduates from Vancouver Career College's Early Childhood Education program can pursue specializations in the ECE Post Basic programs: Infant/Toddler Specialization and Special Needs Specialization.

For more information, call 1.800.993.4086 or visit study.vccollege.ca.



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**VANCOUVER
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Yoga limbers Leonard

LIONS

Rookie receiver scored 2 TDS in CFL debut against Riders



Cam Tucker
Metro | Vancouver

As far as touchdown celebrations go, rookie receiver A.C. Leonard may one day break out into warrior pose in the end zone.

New to Vancouver, having signed with the B.C. Lions as a free agent in April, Leonard is already on common ground with many locals thanks to his fondness for yoga.

At six-foot-two and 252 pounds, Leonard is a big target in the passing game for quarterback Travis Lulay. That much is obvious. He can also be used as an extra blocker, too.

Agility and quickness with an athlete of that size is, well, another story. Following his college career at Tennessee State, Leonard became a yogi in order to help improve such necessities as nimbleness and balance.

"I fell in love with it so I just kept doing it," he said.

Leonard admitted to being intimidated in his initial yoga experience. That no longer seems the case.

"I actually had a good time, made some cool friends. I had a great experience," he said.

He attributes his time on the



Lions receiver A.C. Leonard scores a touchdown against the Roughriders in Regina on Friday. DEREK MORTENSE/THE CANADIAN PRESS

yoga mat with helping prevent injuries and helping his body contort in different ways to try to catch the ball.

With fellow first-year receiver Cameron Morrah out due to injury, Leonard was inserted into the offence last week at practice with the opportunity to start.

Making his CFL debut in wet conditions against the Saskatchewan Roughriders on Friday, Leonard was introduced

26

Leonard finished Friday's game with four receptions for 26 yards.

early with a pair of catches on the opening drive, including a five-yard touchdown grab.

His size, strength and reach were all on display. Leonard

powered his legs toward the goal-line and reached across for the score.

Leonard made another two-yard touchdown catch early in the fourth quarter and the Lions held on for the 27-24 victory.

Not a bad debut for the man also known as "Cool Breeze." He did, however, get flagged for a procedure penalty.

"For a first start, it doesn't get a whole lot better than that

in terms of what we asked him to do," said Lulay.

As the media gathered to speak with Leonard, the 23-year-old import receiver stayed out on the practice field a few extra minutes with depth quarterback Greg McGhee, running routes and catching passes.

"I think that's a young guy recognizing that he has an opportunity and wants to ... make the most of it," said Lulay.

CANADIANS

Surrey's Atkinson embracing change

The Nat Bailey Stadium that Justin Atkinson once knew from his days with the Vancouver Canadians back in 2013 has undergone modifications.

There's additional seating down the third-base side and beyond left field. Not only has the fence been brought in closer to home plate by 15 feet, but it's also only six feet tall, which gives right-handed hitters a bit more of an advantage.

Atkinson is back in Vancouver and short-season Single-A baseball after recently being sent down from the Lansing Lugnuts in the Toronto Blue Jays minor-league system.

The famed Vancouver stadium isn't the only thing to have gone through alteration since Atkinson, the Surrey and BCPBL product, last played here.

Atkinson, who turns 22 years old this week and Toronto's 26th-round pick from 2011, got the start at first base for the C's on Monday, but the Blue Jays organization has started the process of converting him to catcher.

“

It's a different game back there.

Justin Atkinson on his transition to becoming a catcher

It's something of a foreign position for Atkinson.

But Atkinson says he wasn't catching or playing much in Lansing this year, in part because of a hand injury.

"It's a different game back there," said Atkinson of playing catcher.

C's manager John Schneider was a catcher during his playing days, so he and pitching coach Jim Czajkowski have focused on working with Atkinson on calling pitches from behind the plate.

"The difference for me, between last year and this year, is he's kind of embraced it a little bit more. And he's actually quite good at it," said Schneider.

Atkinson entered Monday's game with 18 hits and two home runs in 11 games since returning to Vancouver. CAM TUCKER/METRO

MLB

Nats square up on Harvey and Mets



Nationals centre-fielder Michael Taylor tracks down a fly ball on Monday night. ALEX BRANDON/THE ASSOCIATED PRESS

Clint Robinson's two-run double to deep centre was the biggest blow as the Nationals jumped on Mets starter Matt Harvey for five runs in the first three innings Monday night, and NL East-leading Washington beat second-place New York 7-2.

Harvey (8-7) carried the Mets' offence by driving in both of their runs with a bases-loaded single in the fourth off Gio Gonzalez (7-4).

THE ASSOCIATED PRESS

IN BRIEF

Reds put Cubs down with three long balls

Todd Frazier connected for the first time since he won the All-Star Home Run Derby, and Jay Bruce hit a key two-run shot in the sixth inning on Monday night, powering the Cincinnati Reds to a 5-4 victory over the Chicago Cubs.

The Reds hit three homers in all, including Marlon Byrd's solo shot, and beat the Cubs at Great American Ball Park for the first time this season.

THE ASSOCIATED PRESS

MLB

Kinsler's pair of home runs sink M's

Ian Kinsler homered twice, including a go-ahead two-run shot in the eighth inning, and the Detroit Tigers beat the Seattle Mariners 5-4 Monday night.

Kinsler, who came in with three homers this season, hit one off Seattle starter J.A. Happ in the first, and then drove a fastball from Mark Lowe over the Tigers' bullpen with two out in the eighth. It was his first multi-homer game since Sept. 7, 2011. THE ASSOCIATED PRESS



The Tigers' Ian Kinsler blasts a two-run homer Monday night. DUANE BURLESON/THE ASSOCIATED PRESS



Zach Johnson celebrates winning the British Open with members of the public in St. Andrews, Scotland, Monday. JON SUPER/THE ASSOCIATED PRESS

Zach goes on attack in playoff

BRITISH OPEN

Johnson wins claret jug, Spieth finishes tied for fourth

Jordan Spieth's spirited bid for a Grand Slam was stopped Monday by Zach Johnson, who is no longer just a normal guy from Iowa.

Not with a claret jug to go with that green jacket.

Johnson captured his second major — this one at the home of golf — winning the British Open in a playoff over Louis Oosthuizen and Marc Leishman that capped off five wild days at St. Andrews and a suspense-filled final round.

Most eyes were on 21-year-old Spieth. No one ever came

closer to the third leg of the Grand Slam.

Spieth fought back from taking four putts for a double bogey on No. 8 with back-to-back birdies. He rolled in a 50-foot birdie putt for a share of the lead with two holes to play. After missing an eight-foot par putt on the 17th hole, he needed a birdie on the closing hole to join the playoff.

"Up and down for a playoff," was the last thing Spieth said to caddie Michael Greller from about 90 yards away. It was too far right and rolled to the edge of the Valley of Sin

short of the green, and his birdie attempt up the slope stayed inches left of the cup.

"We gave it a great effort," Spieth said.

He joined Arnold Palmer, Jack Nicklaus and Tiger Woods —

the three biggest names in golf over the last half-century — as the only players to capture the Masters and U.S. Open, only to come up short in a quest for the holy grail in golf — all four professional majors in the same year.

12

Johnson now has two majors among his 12 PGA Tour wins

Johnson won the Masters in 2007 and described himself as just a normal guy from Cedar Rapids, Iowa.

Not any more.

The 39-year-old Johnson now has two majors among his 12 PGA Tour victories, an astounding record and an example that a good wedge game and putter can still go a long way in this era of the long ball. Johnson was in tears when he was interviewed off the green, and he cradled the jug after his acceptance speech.

"I'm grateful. I'm humbled. I'm honoured," Johnson said. "This is the birthplace of the game, and that jug means so much in sports."

On a tense afternoon of shadows and showers on the Old

Course, Johnson closed with a 6-under 66 by holing a 30-foot birdie putt on the 18th hole in regulation, and caddie Damon Green strutted and flapped his arms in his celebratory chicken dance.

It was the first British Open playoff since Stewart Cink beat Tom Watson at Turnberry in 2009, and the first involving more than two players since 2002 at Muirfield, the year Woods failed in his bid for the third leg of the slam.

Oosthuizen was a runner-up for the second straight major. He was one shot behind Spieth in the U.S. Open at Chambers Bay.

THE ASSOCIATED PRESS

+ TOP AMATEUR

Jordan Niebrugge had an outside shot at the silver claret jug. He was more than happy to leave St. Andrews with a silver medal.

Niebrugge pulled within three shots of the lead on the back nine until he could no longer keep up.

He closed with a 2-under 70 to tie for sixth at 11 under.

Paul Dunne entered Monday with a share of the lead but closed with a 78 to tie for 30th.



Jordan Spieth
GETTY IMAGES



Jordan Niebrugge
GETTY IMAGES

Healthier than ever with help from Nurse



Canada's Nirra Fields, pictured, and Kia Nurse helped lead Canada to the gold medal on Monday night in Toronto.

JULIO CORTEZ/THE ASSOCIATED PRESS

PAN AM 2015

Star guard helps Canada Basketball to first-ever gold

There were two training camps in Edmonton sandwiched around a six-game exhibition tour of Europe to prepare the Canadian women for Monday night's historic moment, and as she watched it all unfold — the biggest game on home soil in years — Bev Smith looked on in amazement.

Now an assistant to head coach Lisa Thomaidis, a former national team head coach herself and an iconic figure in Canadian basketball history, Smith knows firsthand the difficult journey that culminated in a gold-medal performance at the Pan Am Games.

Sparked by guard Kia Nurse, who had a game-high 33 points, Canada stormed back to beat the United States 81-73 at a sold-out Ryerson Athletic Centre in downtown Toronto to win the first gold medal ever for the senior program.

The gifted backcourt of Nurse and Nirra Fields, fuelled by at times stifling defence that allowed them to move in transition, led Canada to the win.

Nurse, a University of Connecticut freshman playing against teammates Breanna Stewart and Moriah Jefferson, quelled a pair of late U.S. rallies with crucial baskets.

And when she had to leave after a nasty head-to-head collision with Jefferson, Fields took over with a quick basket.

Canada's best Pan Am finish was a silver medal at the 1999

MONDAY Gold-medal

81 73
CANADA U.S.

Winnipeg Games. Their best world championship was third in 1987, a team that Smith anchored.

"We struggled when I was both playing and coaching and I really think that outside of hockey, our country has a hard time — and maybe the powers that be had a hard time — understanding team sports, the development of team sports and the chemistry that's so important in team sports," said Smith, who returned to the senior team coaching staff in 2013.

"It was really hard to develop that when you have a 10-day training camp and the rest of the world is training for 30 days and has 19 games. When I was coaching in the Sydney Olympics, Stacey Dales and Tammy Sutton-Brown, who were 19, had six international games and Lauren Jackson, who was 19, had over 70. It was mission impossible."

"I really take my hat off to Canada Basketball and actually all team sports in Canada who got together and said, look, we need another way to evaluate and develop our team sports outside of hockey."

The development of the women's program has been nothing short of amazing. They went years without being a factor either in the Americas or globally until they found the resources and the will to match what other countries were doing. TORSTAR NEWS SERVICE



GREGORY BULL/THE ASSOCIATED PRESS

Games at a glance

Around Toronto. Patricia Bezzoubenko, of Thornhill, Ont., clockwise from top, won a silver medal in rhythmic gymnastics with a score of 15.933. Canada's women's handball team (0-2-1) tied Puerto Rico 21-21 in its last preliminary-round game. The Canadians finished tied for third in group A. Jason McClintock of Cambridge, Ont., finished tied for fourth with a result of 3.50/58/11.25 and qualified for the water-skiing final. Maxime Potvin took home silver after losing 6-3 to Saullater Gutierrez in the men's 68 kg taekwondo gold-medal match Monday. Go to metronews.ca for more results.



CHRIS YOUNG/THE CANADIAN PRESS



MARTA IWANEK/TORSTAR NEWS SERVICE

TRACK AND FIELD

Ready to rock out of the blocks Tuesday



Andre De Grasse will look to build off a productive NCAA track career at the Pan Am Games. GEOFF ROBINS/AFP/GETTY IMAGES

It is seldom that Canada's track and field athletes get to show their stuff in front of appreciative home audiences and they seem poised to announce their Pan Am Games presence with authority.

The Games meet kicks off Tuesday morning at York University and Canada could begin racking up medals right off the bat.

Women's javelin tosser Liz Gleadle, men's pole vaulter Shawn Barber and women's 5,000-metre ace Jessica O'Connell headline the opening morning

session of the five-day meet that is one of the marquee attractions of the Games.

And the newest track star seemingly destined for greatness, sprint sensation Andre De Grasse runs his 100-metre heat.

The Americans have sent very much a 'B' team to Toronto, holding back their best for the worlds while other Pan Am countries aren't likely able to match Canada's depth.

So Tuesday morning could be a prime example of Canada's overall talent coming to the fore. TORSTAR NEWS SERVICE



MARK BLINCH/THE CANADIAN PRESS

Team Sky tumbles down Alps on Stage 16

TOUR DE FRANCE

Froome's teammate survives crash

Two bright-yellow Tour de France arrows attached to a telephone pole were telling Geraint Thomas to veer sharp right.

He rode straight into them.

Roadside spectators on the hairpin bend both froze and scattered as the burly Welshman barrelled toward them. Braking frantically, one shoe unclipped from his pedals, the right-hand man for race leader Chris Froome tried to shave off speed.

No joy.

A spectator's folded plastic chair flew as the racer for Team Sky careened into the pole, shoulder and helmeted-head first. Thomas bounced off it like a tossed rag doll and disappeared over a drop-off into a dark thicket of woods.

At least he finished Stage 16 with his sense of humour intact. Asked if he still remembered his name, Thomas jokingly replied: "Chris Froome."

Had it really been race leader Froome, not Thomas, who crashed on the stage's hair-



Great Britain's Chris Froome, wearing the overall leader's yellow jersey, rides in the pack during the 183-km fifteenth stage of the 102nd Tour de France on Monday between Mende and Valence in southern France. ERIC FEFERBERG/AFP/GETTY IMAGES

raising final descent in the foothills of the Alps, their Team Sky bosses wouldn't have seen the funny side.

Surviving the tortuous downhill bends raced at speeds of 70 km/h or more with his body and race lead still in one piece

means that Froome now only has four days of climbing to get through before the British rider sips a flute of champagne Sunday on the Champs-Élysées.

Outwitting Peter Sagan, who took heart-in-the-mouth risks on the descent, Spanish rider Ruben Plaza Molina rode triumphantly into the finish at Gap as the solo winner. Crossing the line, Plaza sucked his right thumb as a wink to his young son.

The Lampre-Merida rider reached the top of the stage's last climb with about a minute's lead on Sagan, who rides for Tinkoff-Saxo.

As they both sped down, with Sagan gaining, Plaza's team kept him updated on the time gap via his earpiece radio.

"That allowed me to go down quickly, but still carefully," Plaza said. "The descent is very, very dangerous."

THE ASSOCIATED PRESS

I'm sure it will take more than a knock to the head to keep him out. He's Welsh. People from Wales are tough. Team Sky manager Dave Brailsford

NBA

Nuggets send Ty Lawson to Houston

Rockets general manager Daryl Morey knows adding Ty Lawson is a risky move. He believes the possible reward is worth that risk.

Lawson was acquired in a trade with the Denver Nuggets on Monday, giving the Rockets needed depth at point guard, though he is currently dealing with off-court



Ty Lawson GETTY IMAGES

issues. He entered a 30-day residential treatment program last week after his second DUI arrest.

Morey noted there are always risks with players, whether it's concerns like Lawson's or with injuries or other issues.

"When you're trying to be the best team out of 30 you've got to risk all over the place," he said.

Morey vowed that the team will help him stay on track after he leaves the treatment program.

"Through our conversations with him we feel confident that he's getting the help he needs," Morey said.

The Nuggets receive a lottery protected first-round pick in 2016 and cash considerations along with Nick Johnson, Kostas Papanikolaou, Pablo Prigioni and Joey Dorsey in the deal that also sends a 2017 second-round pick to Houston. THE ASSOCIATED PRESS

NHL IN BRIEF

Leafs hire instructor Briere to coach goaltenders

The Toronto Maple Leafs named Steve Briere the team's goaltending coach on Monday.

Briere has worked as a goalie coach with several junior teams and served as the owner and head instructor of Canadian Professional Goalie Schools.

Toronto also hired Ari Vuori as their director of European scouting.

Vuori served as a European scout with the Detroit Red Wings for eight seasons and with the Los Angeles Kings for 11 seasons. He also held a hockey operations role with TPS of the Finnish Elite League for eight seasons.

THE CANADIAN PRESS

Sather to take his place in rafters with Oiler greats

The Edmonton Oilers will raise a banner at Rexall Place to honour former coach, general manager and executive Glen Sather.

The ceremony will take place Dec. 11 before a game versus the New York Rangers. Sather, who coached the Oilers to four Stanley Cup championships, is currently the Rangers president.

Sather will become the ninth Oiler to be honoured with a banner, joining Al Hamilton, Wayne Gretzky, Jari Kurri, Grant Fuhr, Paul Coffey, Mark Messier, Glenn Anderson and long-time radio broadcaster Rod Phillips.

THE CANADIAN PRESS

NHL

Quebecor enters bid for expansion team

Quebecor Inc. has entered the running for an NHL expansion team.

The media company wrote on its Twitter account that it submitted its "candidacy for the NHL expansion process in order to bring the Nordiques back to Quebec City."

The NHL announced last month it was opening the formal expansion process. The application process began July 6, with the first

stage lasting until Monday. Quebec City has not had an NHL team since the Nordiques left became the Colorado Avalanche in 1995.

Quebecor owns the new 18,259-capacity Videotron Arena in Quebec City. It's among several groups that has expressed interest in an expansion franchise, along with Las Vegas, Seattle and others.

THE CANADIAN PRESS

2017-18

The NHL has said the earliest any expansion would happen is the 2017-18 season.

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Ingredients

- 1 cup freshly grated Parmesan cheese (4 oz)
- 4 slices French baguette (1/2-inch thickness), cut into cubes
- 1 Tbsp grated Parmesan cheese
- Salt and pepper
- 4 cups cherry or grape tomatoes, sliced in half
- 1/2 cup diced ripe avocado
- 2 Tbsp lemon juice
- 2 Tbsp olive oil
- 1 tsp Dijon mustard
- 1/2 tsp minced garlic
- 3 Tbsp chopped basil

Directions

1. To make the Parmesan crisps: Preheat the oven to 375 F. Line a baking sheet with parchment paper. With a 1 Tbsp measuring spoon, place the cheese on a baking sheet, making 12 rounds. Bake for eight minutes.

2. At the same time, place baguette cubes on small baking sheet lined with foil. Spray with vegetable oil and sprinkle with 1 Tbsp Parmesan cheese and salt and pepper. Bake for eight minutes or until toasted.

3. Place tomatoes and avocado on serving platter. Combine ingredients for dressing and pour over top. Garnish with baguette croutons and Parmesan crisps.

Nutrition per serving

- Calories 180
- Carbohydrates 4 g
- Total fat 12 g
- Sodium 350 mg

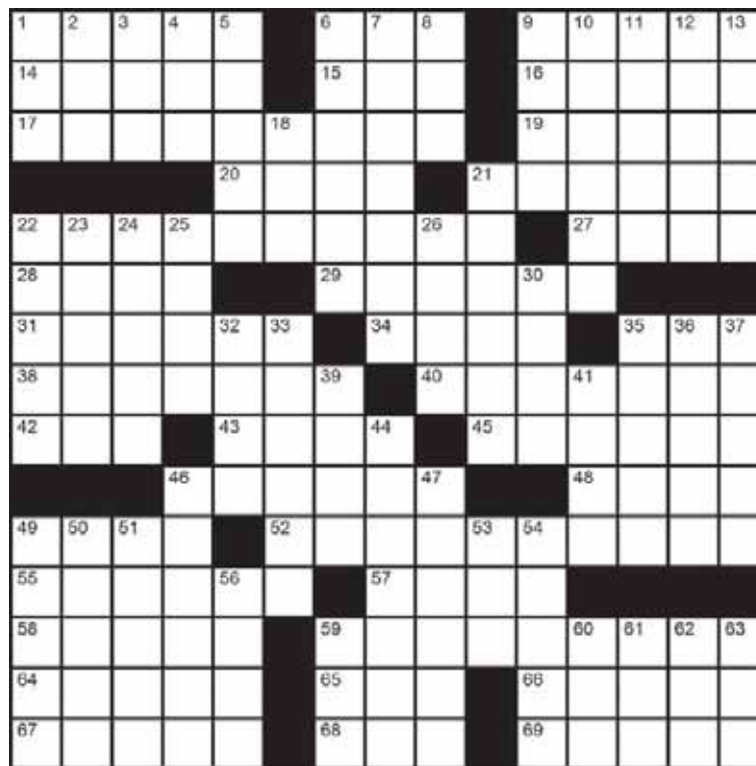
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Earthquake! San Andreas _
6. Owl's question?
9. White-plumed heron
14. Spelled-out "Star Wars" (1977) character, _-Detoo
15. Diving bird
16. Sincerely
17. Musee des _- de Montreal
19. Preps teeth for fillings
20. "Canadian _" (Talent show Ben Mulroney hosted)
21. Gilligan's building material on the Island
22. 1979 Rupert Holmes hit: "Escape (The _ _ Song)"
27. History Channel's " _ Stars"
28. Adam and Eve's grandson
29. Harps on
31. Even though
34. _ _ date (Book the chapel)
35. "Violin" suffix
38. _ Park (Amusement park near Calgary)
40. Pepper stuffed into an olive
42. Iris locale
43. Expanse
45. Milk container
46. Lord's Prayer part: "... _ _ in heaven."
48. Cast- _ pan
49. Glow
52. Emergency exit stairway: 2 wds.
55. Immerse
57. Move like a river



58. Rome's home
59. _ Museum (Heritage attraction in Winnipeg which was the home of Sir Hugh John Macdonald (son of our first Prime Minister) who was briefly the Premier of Manitoba

64. "When pigs fly!"
65. Miner's find
66. Kitchen gadget
67. The Shopping Channel host Ms. Culliford
68. Mal de _ (Seasickness)
69. Impulsive

DOWN

1. The _ Four (The Beatles)
7. Wanted Poster fugitives
8. Sanctions
9. Sicilian volcano
10. Grouches
11. Dance style
12. _ macaroni

13. Model/actor Mr. Beckford
18. Brouhaha
21. Sea in Europe; or, Monopoly board avenue
22. Alberta's _ River
23. Mosaic component
24. Aristocratic
25. "...or to take arms against _ _ of troubles..." - Hamlet
26. Shallow's opposite
30. The Dalai _
32. Stevie Wonder's " _ _ Made to Love Her"
33. Duty
35. The 'I' in IV
36. Brownstone stairway
37. Large weight unit
39. Himalayas hairy humanoid
41. Country singer Mr. Church
44. Price paid by a plane's passenger
46. Protector-from-harm charm
47. Vendor
49. Human _
50. Door sign
51. Tequila plant source
53. Long time
54. _ of fabric
56. Constellation for the star Vega
59. Suffix with 'Free'
60. Canadian choo-choo company
61. First aid team, e.g.
62. Soak flax
63. Blue Rodeo hit

★ IT'S ALL IN THE STARS by Sally Brompton

♈ Aries March 21 - April 20
There is a danger today that you will convince yourself that you can master something that does not come easy to you. It won't do much for your ego if and when it goes wrong.

♉ Taurus April 21 - May 21
Your confidence may be sky-high but you are advised not to take too much for granted. What you gain over the next 24 hours could easily be lost through over-confidence later.

♊ Gemini May 22 - June 21
If you are going to criticize someone today make sure you stick to the facts. If you exaggerate your complaints they will, quite rightly, complain that you are getting personal. It might be best to say nothing at all.

♋ Cancer June 22 - July 23
You need to keep things simple over the next few days. Some things are important but most things are not, so go easy on yourself.

♌ Leo July 24 - Aug. 23
You will need to keep your wits about you today, especially when dealing with money. It is unlikely that anyone is trying to cheat you intentionally but you cannot be too careful.

♍ Virgo Aug. 24 - Sept. 23
If you tackle problems one at a time today you will get through the day with no trouble at all. But if you tackle them all in one go you will confuse yourself to such an extent that nothing worth doing is likely to get finished.

♎ Libra Sept. 24 - Oct. 23
You are entitled to your beliefs and opinions. You are certainly under no obligation to submit to cross examination from people whose perspective on life is the opposite of your own.

♏ Scorpio Oct. 24 - Nov. 22
Let your thoughts roam free today. If there are no limits to what you can imagine there will be no limits to what you can achieve, creatively or romantically. What is possible? Anything.

♐ Sagittarius Nov. 23 - Dec. 21
Whatever challenges you face over the next few days you will tackle with ease. Your confidence is so high that even those above you on the ladder of success will ask you for advice.

♑ Capricorn Dec. 22 - Jan. 20
You may be on a tight schedule but you still need to make time for people who depend on you for support. What you do for them now they will do for you tenfold in the future.

♒ Aquarius Jan. 21 - Feb. 19
Don't be afraid to voice your point of view, even if it is seriously at odds with what majority opinion believes. It's not about quantity, it's about quality, and your arguments are on a much higher level than most.

♓ Pisces Feb. 20 - March 20
Someone you are fond of will please you today but someone else will annoy you. Your mood will depend on how you choose to react.

CONCEPTIS SUDOKU by Dave Green

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